



Bravery Bracelets

Last November, over 95 volunteers remotely assembled 5,000 Bravery Boxes for children in foster care. Starting in February, every child entering foster care throughout Arizona will receive a Bravery Box. These are simple plastic pencil boxes containing art supplies, a hand-decorated affirmation card, and an activity booklet (in both English and Spanish) containing instructions for intentional art activities designed to help children reduce stress and build resilience. We plan to distribute another 4,000 Bravery Boxes by the end of the year.

For this round of Bravery Boxes, we are including a new intentional project: Bravery Bracelets. Each color represents something you are, or something you need, that you would like to carry with you. We need your help prepping supplies for Free Arts Children to create these colorful bracelets by purchasing materials and packaging them together. Some examples of what to include are shown above, and can be found at your local Michael's, Walmart, Target, JoAnn Fabric, or Hobby Lobby. Be sure to include an instruction half sheet (included below) with color meanings so that the child or teen who receives it can make their own Bravery Bracelet!

Supplies:

1. 20+ pony beads in a variety of colors
2. Scissors or paper cutter
3. Ruler
4. 6.5 inches of elastic string
5. Sandwich sized resealable bags



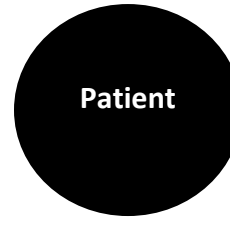
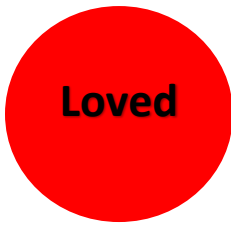
Directions:

1. Cut your string into 6.5-inch-long pieces and place in the resealable bag.
2. Choose a variety of colors of beads and place them in the bag.
3. Print out a half sheet of instructions (included below) and place in the bag.
4. Seal the bag and repeat.

Submission:

1. Fill out the Volunteer Tracking Form [here](#).
2. Attach a note with your name to your items.
3. Deliver your items to Free Arts by mail or in-person (352 E Camelback Road, Ste 100, Phoenix, AZ 85012).
4. Contact us at programs@freeartsaz.org if you have any questions!

Express what you feel with color!



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